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Conscience / Conscious Culture Model Compilation

ATTENTION / TRUST / NEED

1. **(Attention Y, Control X)** (also, Attention and memory- (symptoms addition from (B12) deficiency(add symptoms as bio indicators of consc.))

You Now Have A Shorter Attention Span Than a Goldfish (TIME, 2015, McSpadden),

Controlling (Needing to Feel Powerful) (pg. 15, Suggested Format for A 12 Step Group For Veterans, Families And Friends, Patient Mason, vetformat.pdf)

MODEL OF SELF (Dependence)	
Positive (Low)	Negative (High)
Secure	Preoccupied
MODEL OF OTHER (Avoidance)	
Positive (Low)	Negative (High)
Dismissing	Fearful

2. **Attachment styles - (trust self / dependence Y, trust others / avoidance X)**

Four in 10 infants lack strong parental attachments, (Huber, Woodrow Wilson School of Public and International Affairs, 2014)

3. **Operant conditioning skinner – Positive/negative = Y axis X axis = Reinforcement/Punishment**

- a. **Positive reinforcement** is TR, neg Reinforcement is BR, Positive punishment is TL, negative punishment is BL

Negative Punishment: Prison Complex. Positive Reinforcement: Money Complex, wallstreet

4. **Pavlov Hunger (Need must be Y axis) and Appetite (Desire x Axis) equated to**
40 million US Citizens are Malnourished while 93.3 million US Adults are Obese
SENSORIMOTOR

5. **Maslow's Hierarchy of Needs "Motivation & Personality" (1954)**

- i. **Physiological** – air, water, food, shelter, sleep, clothing, reproduction
- 39.7 million US Citizens live in poverty, including 12.8 million US Children
- 3.5 million Americans are homeless each year, 1 million are children
- ii. **Safety** – personal, emotional and financial securities, Health, Property
- iii. **Love and belonging** – friendships, intimacy, family, sense of connection
- 1/3 US children do not have a father
- iv. **Esteem** – respect, self-esteem, status, recognition, strength, freedom
- Competition, luxury goods, greed and monetary obsessions
- v. **Self-actualization** – desire to become the most that one can be
- Completing goals, feeling secure with self, "enlightened"
- vi. **Transcendence** – giving oneself to something beyond oneself – altruism/spirituality



Maslow's hierarchy of needs

CHANGE

6. **Grief Cycle**

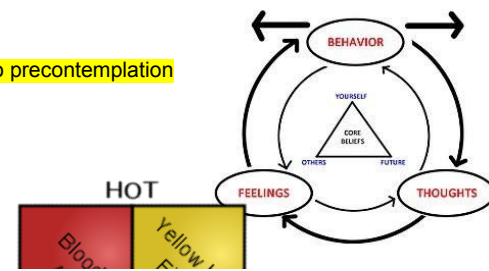
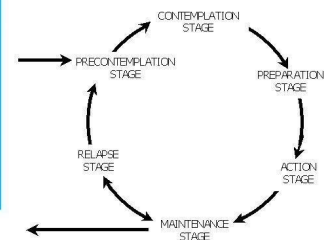
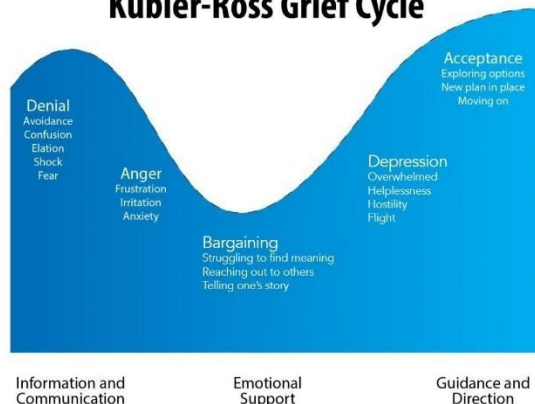
- a. **Shock** moves like / from center
 - i. **Denial** bottom left
- b. **Anger** top left
- c. **Bargaining** moves like \
- d. **Depression** bottom right
- e. **Acceptance** moves up to upper right

7. **Addiction/Maintenance/Stages of Change**

- i. **Precontemplation** = shock
- ii. **Contemplation** = denial to anger
- iii. **Preparation** = bargaining to depression
- iv. **Action** = acceptance
- v. **Maintenance** at top right dotted lines connect it to **center relapse** connects to precontemplation

8. **CBT**

Kübler-Ross Grief Cycle



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Conscience / Conscious Culture Model Compilation

- i. **Yourself = bottom left**
 - ii. **Others = top left and bottom right (two core belief triangles reflecting above and below / axis)**
 - iii. **Future = top right**
- b. **Thinking (Top Circle (CC)) \ Feeling (Bottom Circle (CC))**
 - c. **Behavior (TR (Change) or BL (Relapse))**

BIO-AFFECTIVE PERSONA

1. The 4 humors of Hippocrates ((Hot/Cold, wet/dry))

- a. 1. Blood (**Sanguine** – Enthusiastic, active, social /Spring/Infancy/Air/Liver) 2. **Yellow Bile (Choleric** – aggression, anger /Summer/youth/fire/gallbladder) 3. **Phlegmatic** (Apathetic /Autumn/adulthood/earth/spleen) 4. **Black Bile (Melancholic** – depression, decline of feeling or opinion /winter/old age/water/brain/lungs)
- i. **Unification with Empedocles = /**
- ii. ***** the above model (hot dry = fire = yellow bile/choleric (dominative), hot wet = air = blood = sanguine, cold dry = water = phlegmatic, cold wet = earth = black bile/melancholic) but I would put phlegm (unmoving/apathetic) as earth and black bile/melancholic (moody/wavy/passive/submissive) as water switching the positions of**

2. BREATH CYCLE - X = Pressure/Saturation Y = (need = ventilation (leads to macrocosmic environmental need)) Inhale/exhale = O2 increase/ CO2 decrease

- a. ***** (Oxygen/no oxygen = Y, Pressure/No Pressure = X) or (oxygen increase/decrease and pressure increase/decrease) - CO2 O2 /ph. meter*** Ventilation (O2 intake/CO2 outtake) & Pressure (mm/hg) gas exchange and ventilation - perfusion relationships in the lung series Physiology in Respiratory Medicine / j. Petersson and R.W. Glenny**

figure 2a and 2b

intake oxygen = increase pressurized oxygen
exhale carbon dioxide = release pressurized carbon dioxide

figure 4

the effects of hyper and hypoventilation

hypo - acidic **paco2 > 40 mmhg**

pao2 < 100 mmhg

hyper - alkaline **paco2 < 40 mmhg**

pao2 > 100 mmhg

normal ventilation = paco2 = 40 mmhg and pao2 =

100 mmhg

hypoventilation = acidic

hyperventilation = alkaline

the space between exhale and inhale (in between worlds/ life and death) is the space of the top right corner with a dotted line extending back to center and continued dotted line back to lower left

inhale begins in the acidic left down which has been determined to be the phlegmatic detached state inhale leads to the choleric acidic aggressive state, exhale begins and melancholic and inhale creates sanguine and dotted line expresses the next exhale

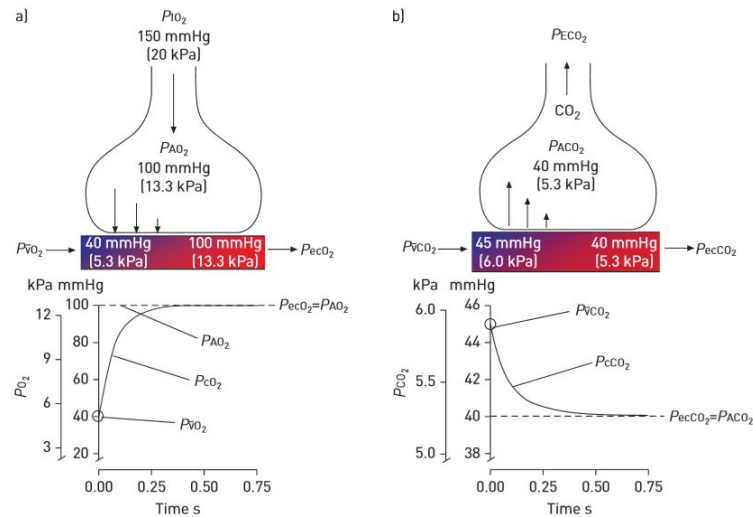
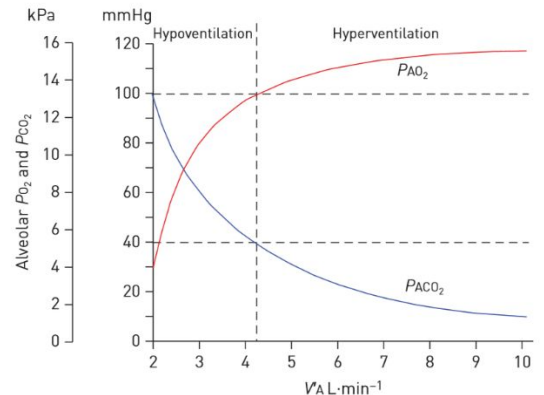
phlegmatic is cold and dry and detached in stress

choleric is hot and dry

can dry be acidic and wet be alkaline? YES, so x =

ventilation/pH/pressure y = oxygen

yes, if wetness is O2 (which H2O is water so it makes sense)



3. Jungian Personas

- a. **Introvert/extrovert - X axis**
- b. **Sensing/intuition - / axis**
- c. **Thinking/feeling - \ axis**

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d. Judging/perceiving - Y axis

4. Aristotle Y = Volition,

- quoted "The soul in living creatures is distinguished by two functions, the judging capacity which is a function of the **intellect** and of **sensation** combined, and the capacity for exciting movement in space" "what is it that makes the living creature move in space?" "these two things then, appetite and mind, are clearly capable of causing movement... both of these, then, mind and appetite are productive of movement in space. But *the mind in question is that which makes its calculations with an end in view, that is, the practical mind: it differs from the speculative mind in the end that it pursues.* And every appetite is directed towards an end; for the thing at which appetite aims is the starting point of the practical mind, and the last step of the practical mind is the beginning of action. So these two, *appetite and practical thought, seem reasonably considered as the producers of movement; for the object of appetite produces movement, and therefore thought produces movement, because the object of appetite is its beginning.* Imagination too, when it starts movement never does so without appetite. That which moves, then, is a single faculty, that of appetite. If there were two movers, mind as well as appetite, they would produce movement in virtue of a common characteristic. But, as things are, mind is never seen to produce movement without appetite (for *will is a form of appetite, and when movement accords with calculation, it accords also with choice, but appetite produces movement contrary to calculation; for desire is a form of appetite*"
 - (*Aristotle on the soul* with an English translation by W.S. Hett, London, William Heinemann Ltd / Cambridge, Massachusetts, Harvard university press, 1964, p.181

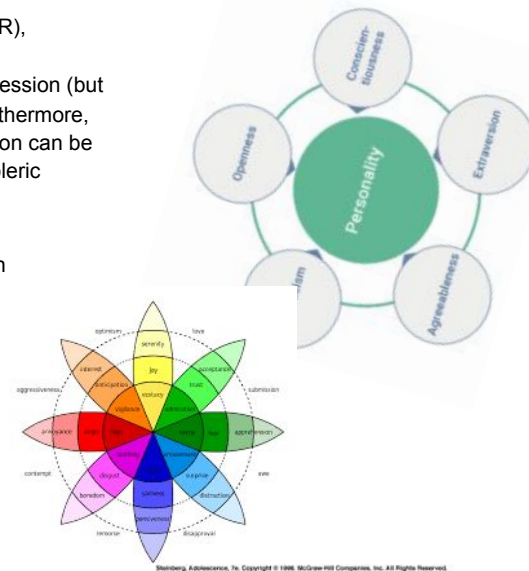
- So, in the big map, **practical action is top right**, speculative mind is bottom left, volition leads to upper left speculative action, and bottom right is practical mind upper right is practical action. **Appetite/Action/Volition is the Y axis and the X axis is Speculation/Practicality**

5. Big 5 persona traits

- Openness (TL), neuroticism (BL), agreeableness (BR), Extroversion (TR), Conscientiousness (Top Y axis)**
- openness is in the choleric square, because very open people never experience aggression (but an opening to ideas, instead of foreclosure they open to immediately bargain) and furthermore, the choleric is only choleric in biological or limited persona development. so, aggression can be considered a limited openness, or too much openness can be seen as a deficient choleric development – focus on balance and relative individual differences

6. Plutchik's 8 core emotions

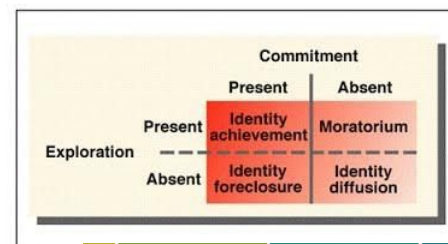
- I didn't follow that one and made my own (below) but both seem to work in my opinion
 - Trust** (acceptance) - Upper
 - Anger** - upper left
 - Anticipation** (interest) - left
 - Disgust** - bottom left
 - Joy** - top right
 - Fear** - bottom
 - Sadness** - bottom right
 - Surprise** – right



7. Identity status - marcia

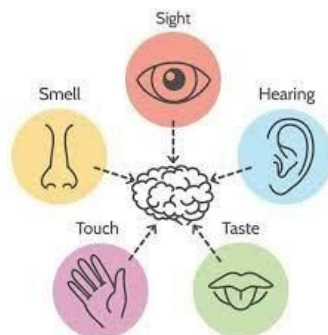
- x axis = **exploration**, y axis = **commitment**
- top left – identity foreclosure, top right – identity achievement, bottom left – identity diffusion, bottom right moratorium**

Identity Status Categories



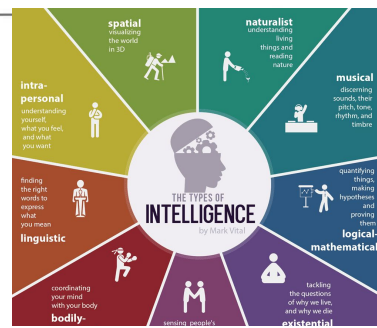
9. 5 senses (all of these should be in the center or off of conscience from BIG 5 (above circle) same as – Gardner 8 intelligences

- Sight**
- Smell**
- Hearing**
- Touch**
- Taste**



10. Gardner 8 intelligences

- Interpersonal XR**
- Bodily kinesthetic**
- Linguistic **



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- iv. Intrapersonal XL
- v. Spatial YT
- vi. Naturalist /BL
- vii. Musical \
- viii. Logical YL
- ix. Existential /TR

HISTORICAL/SPIRITUAL

8. Freud Psycho-Sexual Stages

- i. **Oral** – fixation and resistance or acceptance to social ques from parents (yes or no of what to eat/swallow) (swallow control)
- ii. **Anal** – fixation and resistance or acceptance to social ques from parents (running away to poop) (bowel control)
- iii. **Phallic** – fix. and res. Or accept. To social ques (bladder control)
- iv. **Latent** – (refer to spiritual stages (sexual impulses are repressed, and sexual energy can be sublimated towards education/work skills, passions, friendships))
- v. **Genital** (below transfer to 7 major chakra/endocrine systems)
 - 1. Endocrine – relating to or denoting glands which secrete hormones directly into the blood
 - a. The **anus** as a root chakra gland that secretes our individual product into the blood of the earth
 - 2. **Testes/ovaries**
 - 3. **Adrenal gland**, Pancreas / liver
 - 4. **Thymus and the heart** – endogenous opioids
 - 5. **Thyroid gland** – hormones regulate body's metabolic and heart rate, digestive function, muscle control, brain development, mood and bone maintenance – need good supply of iodine
 - 6. **Pineal gland**
 - 7. **Hypothalamus** (links endocrine and nervous systems by way of Pituitary gland)
 - a. Hypo secretes hormones that stimulate or inhibit production of hormones in pituitary

b. Jungian Spiritual Stages; Preparation, Journey, Return

[6,7,8,9,10,11 – 5,4,3,2,1,12 – following grief direction shock is from center/creator to wizard to ruler]

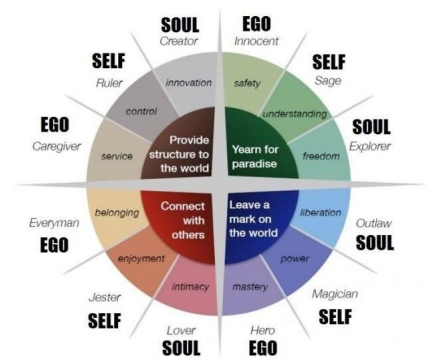
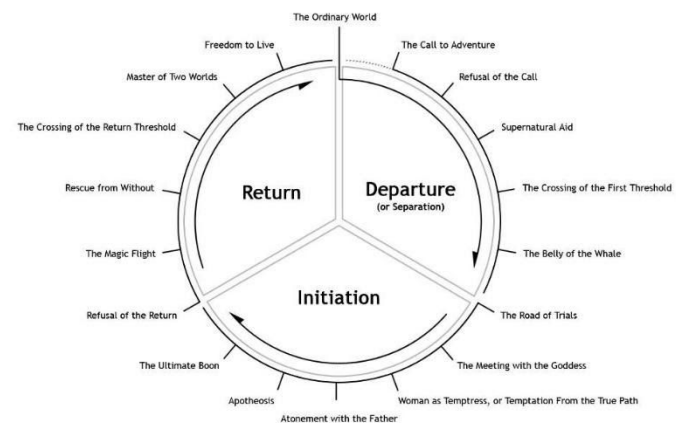
1. Hero
2. Sage
3. Innocent
4. Lover
5. Caregiver
6. Wizard
7. Ruler
8. Jester
9. Regular Guy/Gal
10. Explorer
11. Rebel
12. Creator

- ii. **Confession** – limitations (BL) (stage 1-4 of Jungian psychoanalytic Therapy)
- iii. **Elucidation** – clarifications (TL)
- iv. **Education** – incorporations (BR)
- v. **Transformation** – changes beyond adaptation to environment and self-realization (TR)

c. Erikson's psychosocial childhood, Transition Years, Adulthood

- i. **Trust vs. mistrust – 1st year**

The Hero's Journey



Add **carbon/nitrogen/oxygen/heat (system exchange law, cold to hot hot to cold) cycle, betrayal trauma** [6] (hi trauma/low trauma, , **Berne's 4 life positions** (I'm okay/Not okay, You're Okay/Not Okay) [7] Berne, **transactional analysis** (parent, adult, child (a triangle atop/inhabiting/encompassing the self (CBT position))) [8] and **Freud's Iceberg metaphor** id [9.1] (biosphere [9.1/10/ move to first 6]), ego (psycho-socio spheres [9.2]) and superego (politic sphere [9.3]), Love and Fear (center yin/yang (quoting from Kubler article and oxycontin research)), **Kohlberg Stages of Moral Development** [11] (I. *Preconventional*: 1. Obedience and punishment, How can I avoid punishment? 2. Self-interest orientation; What's in it for me? Paying for a benefit, II. *Conventional*, 3. Interpersonal Accord and conformity, Social norms; Good boy/girl attitude, 4. Authority and social-order maintaining orientation, law and order morality, III. *Post-conventional*, 5. Social contract orientation, 6. Universal ethical principles, Principled conscience.), **Sacred Psychology** [12] (great wound, transformation, bigger story, union with beloved), **eight circuit model** [13] (oral, anal, laryngeal manual, socio sexual, neuro-somatic, neuro-energetic, neuro-genetic, neuro-atomic), Darley and Latane **5 stages of helping behavior**, [14](Notice, Interpret, Degree, Form, Implement), **love languages**: [15] (receiving gifts, quality time, words of affirmation, acts of service, and physical touch), 5 &/or 7 **love hormones** [16], **Hegel: Slave-Dialectic**[17]: Reaction, Death Struggle, Enslavement and Mastery, Contradiction and Resolution, **Nietzsche**[18] Master Slave Morality, **Classical def of knowledge**[19] V-Diagram: (Kiwix belief) Belief, Truth, justified belief and knowledge, **scientific law** [20] V-Diagram: laws, theories, and Repeated Successful Predictions, **Brain Waves**: [21] Delta, Theta, Alpha, Beta, Gamma, **Sleep Cycles**: [22] Wake, REM, NREM1, NREM2, NREM3, **Working Memory Model**: [23] Central Executive (top politico), Episodic Buffer (middle cc), Visuo-spatial sketchpad (or all exist inside psych alone?), Phonological Loop, **4 Paradigms of Cognitive Dissonance** [24]: Belief Disconfirmation (BL), Effort Justification (TL), Induced Compliance (BR), Free Choice (TR), **Cognitive Dissonance 4 Magnitude Reduction Methods**[25]: Ignore or deny, Justify (TL), Justify by adding new cognitions (BR), Change the behavior (TR) **4 categories complaining human behavior** [26] intrapsychic (biopsychosociospiritual) [27] , interpersonal, intragroup, intergroup. Parenting styles and governmental styles (permissive v) add **non-violent communication** (a verified western "protocol") add; triune brain, temporal circuit, aggregate to eeg (bloch1991, karunani2015, 2004.01973, lee2014, wang2014, masruroh2019(more notes in spiral memo pad))

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- ii. **Autonomy vs doubt – 2nd year**
- iii. **Initiative vs guilt – 3rd – 5th years**
- iv. **Industry vs inferiority – 6th year - puberty**
- v. **Identity vs confusion - Adolescence**
- vi. **Intimacy vs isolation – Early adulthood**
- vii. **Generativity vs self-absorption – Middle Age**
- viii. **Integrity vs despair – Aging Years**

9. **Digestion Cycle/Model** (IBS relevance), toxic stress cycle image: 1. Digestive system 2. Colon 3. Liver and gallbladder
4. Kidneys and bladder 5. Circulation: blood lymph 6. Spleen and heart 7. Spine 8. Brain and nerves

- i. **Ingestion**
- ii. **Digestion**
- iii. **Retention**
- iv. **Expulsion**

10. Eukaryote Cell Respiration/Energy Model (sugar digestion)

a. Glycolysis

- i. **NADH – (BL)** (treatment for dementia, chronic fatigue and improving athletic performance) improves mental clarity, alertness, concentration and memory
- ii. **ATP – (TL)** (used to store and transport energy in cells and helps synthesize nucleic acids) can cause breathing problems, chest pain, headache, heart pounding, low blood pressure, nausea, sweating, flushing, lightheadedness, sleep problems, coughing, anxiety
- iii. **H₂O – (BR)** regulate temperature and maintain lost h₂o from breathing, sweating and digestion
- iv. **ATP**
- v. **Pyruvic acid (TR/BL)** – can be converted back to carbs (such as glucose), or to fatty acids through acetyl-coA,

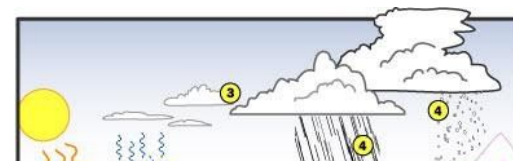
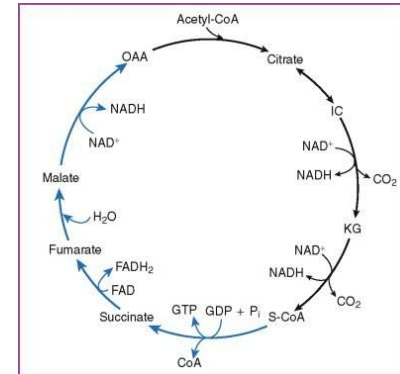
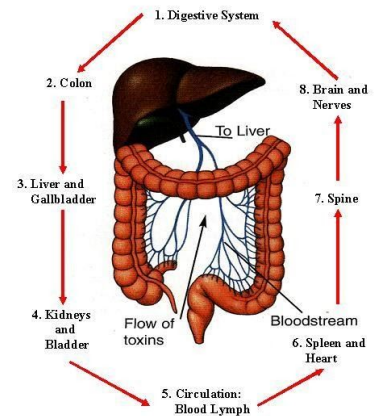
b. Citric / Krebs cycle [missing (1.5) isocitrate, (1.75) a-ketoglutarate, (1.9) succinyl CoA, (4.5) Oxaloacetate]

- i. **citrate – / choleric TL** (used for constipation) side effects: muscle twitching or cramps, swelling or weight gain, weakness, mood changes, rapid and shallow breathing, fast heart rate, restless feeling, diarrhea, seizure
- ii. **succinate – melancholic BR** (used for menopause and hot flashes) side effects; slow heartbeats, light-headed, short breath, swelling, weight gain, cold feeling in hands and feet, hypotension, fatigue
- iii. **fumarate – sanguine TR** (used for anemia; lack of red blood cells/ reduced oxygen) side effects: mood or behavior changes, constipation, upset stomach/pains, vomiting, drowsiness, dizziness
- iv. **malate – phlegmatic BL** (used for constipation, heartburn and upset stomach) side effects: nausea, diarrhea, stomach cramps

c. ATP – Electron Transport Chain [to be continued]

- i. **NADH – (BL)** (treatment for dementia, chronic fatigue and improving athletic performance) improves mental clarity, alertness, concentration and memory
- ii. **Fadh₂ – (TR)** only produced in Krebs cycle, used to donate electron...
FAD can exist in 4 different redox states:
 - 1. **flavin-N(5)-oxide BL** (stabilizers, thickeners, conditioners, more than 95% used in home cleaning products; human safe ingestion/excretion chronic ingestion in rabbits, diarrhea)
 - 2. **quinone TR** (anti-microbial/parasitic/tumor/cardiovascular disease, purgative),
 - 3. **semiquinone TL** (free radical, highly chemical reactant)
 - 4. **hydroquinone BR** (reducer)
- iii. **O₂ – (TL)** used to burn fuel (sugar and fatty acids) and produce energy by entire body
- iv. **H₂o – (BR)** used in all cells, organs and tissues for breathing, digestion (chemical reactant), temperature regulation (coolant) sweat

Toxic Stress Cycle



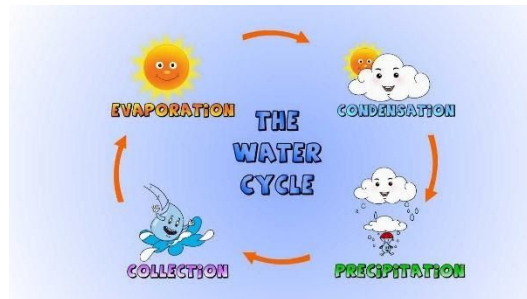
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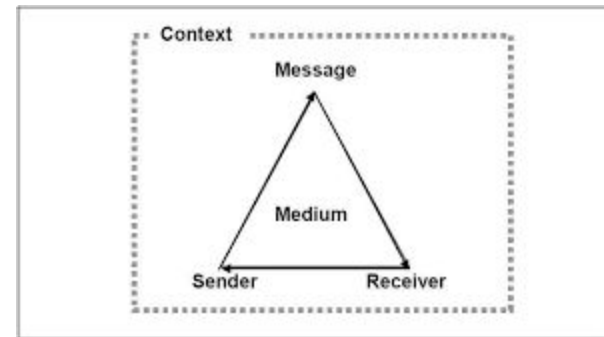
11. Rain/water Cycle Model... nitrogen and carbon

- Evaporation** (sun heats water rises into air)
- Condensation** (water cools and condenses)
- Precipitation** (enough water condenses to become heavy enough to fall to ground)
- Collection** (collects in ground wells and rivers flowing back into the ocean)



*COMMUNICATION TRIANGLE (& *Rhetorical triangle)- After

individual, now triangle (but introduce multi-persona as necessity for self-teaching and learning) while triangle tilts to form a message in the upper right, reflected is another triangle and a subconscious message in the lower left



12. MEDIUM; SENDER, MESSAGE, RECIEVER,

- (parallel master slave and dominance vs submissive tendencies in neuroticism failure to acknowledge message or the process of talking to self to get this message out, as we are individuals, but we also operate together and "log into" others for help, assistance, etc.

13. *Maslow hierarchy of needs into wheel/communication triangle

(expressing the fulfillment and leading to a development of a persona) (escapes the wheel like the change addiction model)

14. *COGNITIVE PROCESSING – PIAGET (Vygotsky (zone of proximal dev.)/piaget combo and my bio-addition (larynx, private speech - "self-mantras")

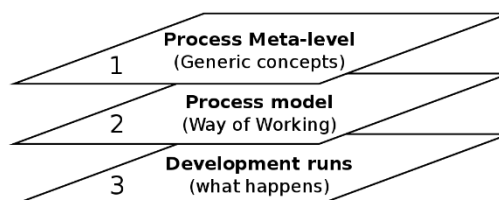
- bio basis on *larynx whisper and mantra* memory development and the learning of formal processing to expand into the larger cognitive processing circles (meta systematic and paradigmatic) and meta system

i. Sensorimotor

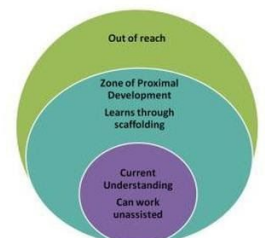
1. Calculatory
2. Automatic
3. Sensory or motor
4. Circular sensory motor
5. Sensorimotor (form concepts)

ii. Pre-operational

1. Nominal – relations among concepts
2. Sentential – imitate sequences
3. Primary -



Zone of Proximal Development



Piaget's Periods of Cognitive Development			
Birth to 2 years	Sensori-motor	Uses senses and motor skills, items known by use	Object permanence learned
2-6 yrs	Pre-operational	Symbolic thinking, language used; egocentric thinking	Imagination/ experience grow, child de-centers
7-11 yrs	Concrete operational	Logic applied, has objective/rational interpretations	Conservation, numbers, ideas, classifications
12 yrs to adulthood	Formal operational	Thinks abstractly, hypothetical ideas (broader issues)	Ethics, politics, social/moral issues explored

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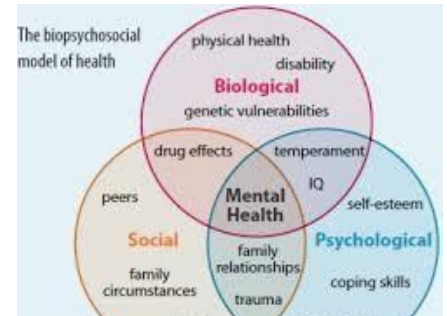
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- iii. **Concrete operational**
 - 1. Abstract
- iv. **Formal Operational –**
 - 1. “not everyone attains Formal Operational...” - Piaget
 - 2. Argue using empirical or logical evidence
- v. **Post formal (systematic)**
 - 1. Construct multivariate systems
- vi. **Meta -systematic**
 - 1. Construct multi-systems and metasystems
- vii. **Paradigmatic**
 - 1. Fit metasystems together to form new paradigms
- viii. **Cross-paradigmatic**
 - 1. Fit paradigms together to form new fields
- ix. **Meta-cross-paradigmatic**
 - 1. “Model of Hierarchical Complexity” -

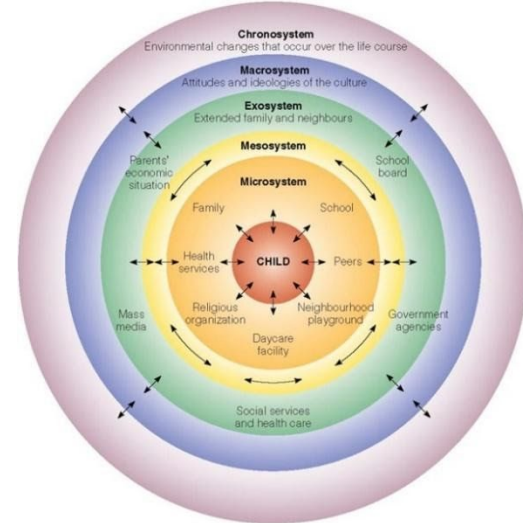
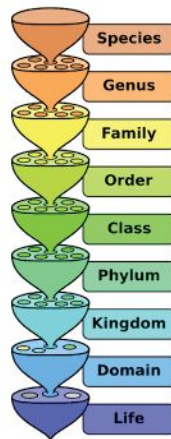
https://docs.google.com/document/d/1R_WMchseGNEUubgzQ1Eap1r_8jlnsFFXaVXUCyFXRPM/edit#

15. *Engel – Biopsychosocial **BIO-PSYCHO-SOCIO - POLITICO**
- a. **Psychological/Individual (LX) – Sociological/Group (RX) – x axis**
 - b. **Natural Laws/subconscious (BY)– Social Laws/Conscious (UY) – y axis**
 - c. Religions, Politics, Organized ways of being, all sit at the x axis or below
 - d. Conscious declarations



16. Bronfenbrenner

17. Taxonomy Hierarchy (likened to Bronfenbrenner or in bio of biopsychosocial)



18. Barrett leadership

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19. Scientific Method – A method of procedure that has characterized

natural science since the 17th century, consisting in **systematic observation, measurement, and experiment, and the formulation, testing, and modification of hypotheses**

SCIENCE NOT SILENCE

What do we want? SCIENCE! When do we want it?

AFTER PEER REVIEW!



20. Stages of Community Building

- Pseudo community (TL)
- Chaos (BL)
- Emptiness (BR)
- True Community (TR)

21. Stereotype content model (adapted from Fiske et al. (2002) (Warmth and Competence) – (high c. = high status low c. = low status, high w = not competitive, low w.=competitive)

- High warmth low competence: **paternalistic** stereotype,
- low w. low c.: **Contemptuous** stereotype,
- High C. Low W.: **Envious** Stereotype,
- High c. high w.: **admiration**

22. The Four Fundamental Forces

- Gravitational (weak or strong) (Y)
- Electromagnetic (weak or strong) (X)
- Nuclear force (protons and neutrons attracted to each other)
- Electromagnetic force (electrons attracted to protons)

23. Subatomic Particles

- 6 Quarks – up, charm, top, down, strange, bottom
- 6 Leptons – electron, muon, tau, " neutrino, " neutrino, " neutrino
- 4 gauge bosons – photon, gluon, z boson, w boson

24. Cultural map

- 1 = BR
- 2 = (Bottom Y)
- 3 = (TL)
- 4 + (Top Y)
- 5 =

25. SPIRITUAL/HISTORICAL

- TRIANGLE / Holy Trinity,
 - mother father and child or god, son and holy spirit (Sender, Receiver, Message), bible, Vedas and Bowen family model
 - past present future

26. 7 Deadly Sins v. 7 Heavenly Virtues

Cultural Map The Five Stages of Culture

Stage	%	Behavior	Relationship to people	Language
5	2%	Innocent Wonderment	Team	"Life is great"
4	22%	Tribal Pride	Stable Partnership	"We're great"
3	49%	Lone Warrior	Personal Domination	"I'm great"
2	25%	Apathetic Victim	Separate	"My life sucks"
1	2%	Undermining	Alienated	"Life Sucks"

From Tribal Leadership, Logan, King & Fischer-Wright, 2008, HarperCollins

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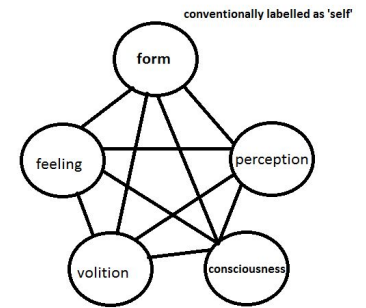
- i. **Pride v. Prudence**
- ii. **Greed v. Justice**
- iii. **Lust v. Temperance**
- iv. **Envy v. Courage** (or fortitude)
- v. **Gluttony v. Faith**
- vi. **Wrath v. Hope**
- vii. **Sloth v. Charity** (last 3 are the "three theological virtues")

27. Kabballah Tree of Life

- i. 1. **Sovereignty**
- ii. 2. **Foundation** – 3l **splendor** and 3r **victory**
- iii. 4. **Beauty** – 5l **strength**, **law** and 5r **loving-kindness**
- iv. 6 **Knowledge** – 7l **understanding** and 7r **wisdom**
- v. 8. **Crown**

28. Buddhist

- a. 5 aggregates
 - i. When likened/paired with 5 big persona traits
 1. **Consciousness** top
 2. Top left = **volition** (likened to thinking)
 3. Bottom left = **form** (that which is already there but unaware)
 4. Bottom right = **feeling**
 5. Top right = **perception** (likened to sensing)
- b. 3 universal truths
 1. **Everything is impermanent** and changing
 2. **Impermanence** leads to suffering
 3. **The self is not personal** and unchanging
- c. 4 noble truths
 1. **Suffering**
 2. **Cause** of suffering
 3. **End** of suffering
 4. **The path** that leads to the end of suffering
- d. 8-fold path
 - i. Right **effort** (BL)
 - ii. Right **concentration** (L X axis)
 - iii. Right **mindfulness** (TL)
 - iv. Right **action** (BR)
 - v. Right **speech** (R X axis)
 - vi. Right **intention** (TR)
 - vii. Right **view** (top y axis)
 - viii. Right **Livelihood** (bottom y axis)



the development of each identity through the needs

In the bottom left/ phlegmatic/diffusion square

1. Add missing children

Add carbon/nitrogen/oxygen/heat (system exchange law, cold to hot hot to cold) cycle, betrayal trauma [6] (hi trauma/low trauma, , Berne's 4 life positions (I'm okay/Not okay, You're Okay/Not Okay) [7] Berne, transactional analysis (parent, adult, child (a triangle atop/inhabiting/encompassing the self (CBT position))) [8] and Freud's Iceberg metaphor id [9.1] (biosphere [9.1/10/ move to first 6]), ego (psycho-socio spheres [9.2]) and superego (politic sphere [9.3]), Love and Fear (center yin/yang (quoting from Kubler article and oxycontin research)), Kohlberg Stages of Moral Development [11] (I. *Preconventional*: 1. Obedience and punishment, How can I avoid punishment? 2. Self-interest orientation; What's in it for me? Paying for a benefit, II. *Conventional*, 3. Interpersonal Accord and conformity, Social norms; Good boy/girl attitude, 4. Authority and social-order maintaining orientation, law and order morality, III. *Post-conventional*, 5. Social contract orientation, 6. Universal ethical principles, Principled conscience.), Sacred Psychology [12] (great wound, transformation, bigger story, union with beloved), eight circuit model [13] (oral, anal, laryngeal manual, socio sexual, neuro-somatic, neuro-energetic, neuro-genetic, neuro-atomic), Darley and Latane 5 stages of helping behavior [14] (Notice, Interpret, Degree, Form, Implement), love languages; [15] (receiving gifts, quality time, words of affirmation, acts of service, and physical touch), 5 &/or 7 love hormones [16], Hegel: Slave-Dialectic [17]: Reaction, Death Struggle, Enslavement and Mastery, Contradiction and Resolution, Nietzsche [18] Master Slave Morality, Classical def of knowledge [19] V-Diagram: (Kiwix belief) Belief, Truth, justified belief and knowledge, scientific law [20] V-Diagram; laws, theories, and Repeated Successful Predictions, Brain Waves; [21] Delta, Theta, Alpha, Beta, Gamma, Sleep Cycles: [22] Wake, REM, NREM1, NREM2, NREM3, Working Memory Model: [23] Central Executive (top politico), Episodic Buffer (middle cc), Visuo-spatial sketchpad (or all exist inside psych alone?), Phonological Loop, 4 Paradigms of Cognitive Dissonance [24]: Belief Disconfirmation (BL), Effort Justification (TL), Induced Compliance (BR), Free Choice (TR), Cognitive Dissonance 4 Magnitude Reduction Methods [25]: Ignore or deny, Justify (TL), Justify by adding new cognitions (BR), Change the behavior (TR) 4 categories complaining human behavior [26] intrapsychic (biopsychosociospiritual) [27] , interpersonal, intragroup, intergroup. Parenting styles and governmental styles (permissive v) add non-violent communication (a verified western "protocol") add; triune brain, temporal circuit, aggregate to eeg (bloch1991, karunani2015, 2004.01973, lee2014, wang2014, masrurroh2019(more notes in spiral memo pad))

*=1 or more citations in cc downloads

Conscience / Conscious Culture Model Compilation

2. Add dead activist yearly
3. Add extreme mental disorders bottom left, narcissist top left, submissive suicidal bottom right
4. Add bullcrap elon musk city (bottom left/ subconscious message) vs one community global and open source ecology (top right/ conscious message)